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# 40 DAYS TO FREEDOM: SHED THE SHACKLES OF FOOD CRAVING, DIET CYCLING BODY SHAMING (PAPERBACK)



Experts Legacy Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 40 DAYS to FREEDOM leads the reader through an expertly guided transformational process to break the cycle of food craving, diet cycling body shaming, once and for all. Using Neuro-Linguistic Programming (NLP), we will teach you how to overcome compulsions and bad habits, and to release limiting beliefs and emotional connections to food. By implementing the steps found in this book you...

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- Authored by Ben Patwa
- Released at 2016



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